

A method for transmitting data comprising:

- transmitting a message indicative of a frame type, which said data will be transmitted at said rate during said time interval;
- transmitting said data at said rate during said time interval.

The method of Claim 1 wherein said message includes:

- an indication of the frame type;
- an indication of said rate of said data;
- an indication of said time interval.

The method of Claim 1 wherein said message includes:

- a bit indication of the frame type;
- a bit indication of said rate of said data;
- a bit indication of said time interval.

1. A method for transmitting data comprising the steps of:
2 transmitting a message indicative of the rate of said data and the time
interval over which said data will be transmitted at said rate; and
4 transmitting said data at said rate during said time interval.
2. The method of Claim 1 wherein said message comprises:
2 an indication of the frame type;
an indication of said rate of said data; and
4 an indication of said time interval.
3. The method of Claim 1 wherein said message comprises:
2 a two bit indication of the frame type;
a four bit indication of said rate of said data; and
4 a four bit indication of said time interval.